

Full Report (All Nutrients) 16004, Yokan, prepared from adzuki beans and sugar

Report Date: July 05, 2017 00:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 14g
Proximates					
Water	g	35.45	2	--	4.96
Energy	kcal	260	--	--	36
Energy	kJ	1088	--	--	152
Protein	g	3.29	1	--	0.46
Total lipid (fat)	g	0.12	1	--	0.02
Ash	g	0.42	1	--	0.06
Carbohydrate, by difference	g	60.72	--	--	8.50
Minerals					
Calcium, Ca	mg	27	1	--	4
Iron, Fe	mg	1.16	1	--	0.16
Magnesium, Mg	mg	18	1	--	3
Phosphorus, P	mg	40	1	--	6
Potassium, K	mg	45	1	--	6
Sodium, Na	mg	83	1	--	12
Zinc, Zn	mg	0.07	--	--	0.01
Copper, Cu	mg	0.029	--	--	0.004
Manganese, Mn	mg	0.140	--	--	0.020
Selenium, Se	µg	2.3	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.005	--	--	0.001
Riboflavin	mg	0.004	--	--	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 14g
Niacin	mg	0.057	--	--	0.008
Pantothenic acid	mg	0.099	--	--	0.014
Vitamin B-6	mg	0.008	--	--	0.001
Folate, total	µg	8	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	1
Folate, DFE	µg	8	--	--	1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.043	--	--	0.006
Fatty acids, total monounsaturated	g	0.011	--	--	0.002
18:1 undifferentiated	g	0.011	--	--	0.002
Fatty acids, total polyunsaturated	g	0.026	--	--	0.004
18:2 undifferentiated	g	0.026	--	--	0.004
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.032	--	--	0.004
Threonine	g	0.112	--	--	0.016
Isoleucine	g	0.131	--	--	0.018
Leucine	g	0.276	--	--	0.039
Lysine	g	0.248	--	--	0.035
Methionine	g	0.035	--	--	0.005
Cystine	g	0.031	--	--	0.004
Phenylalanine	g	0.174	--	--	0.024
Tyrosine	g	0.098	--	--	0.014
Valine	g	0.169	--	--	0.024
Arginine	g	0.213	--	--	0.030

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 14g
Histidine	g	0.087	--	--	0.012
Alanine	g	0.192	--	--	0.027
Aspartic acid	g	0.390	--	--	0.055
Glutamic acid	g	0.513	--	--	0.072
Glycine	g	0.125	--	--	0.018
Proline	g	0.145	--	--	0.020
Serine	g	0.161	--	--	0.023
Other					